



Petal & Paper

YOUR FREE PRINTABLE

Daily posture improvement tracker



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P O S T U R E A N D M O B I L I T Y

posture tracker

Date · ____ **Hours at desk:** ____ **Standing:** ____

Morning stretches · Neck rolls ☐ Chest opener ☐ Hip flexor ☐
____mins

Desk setup check · Monitor at eye level ☐ Back supported ☐
Feet flat ☐

Hourly stand/move reminder · Times moved today: ____

End of day check · Back: ____/5 Neck: ____/5 Shoulders: ____/5

Improvement this week · _____

Exercise done today · _____

Y O U R S P I N E I S T H E A X I S O F Y O U R L I F E
— T R E A T I T W E L L

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